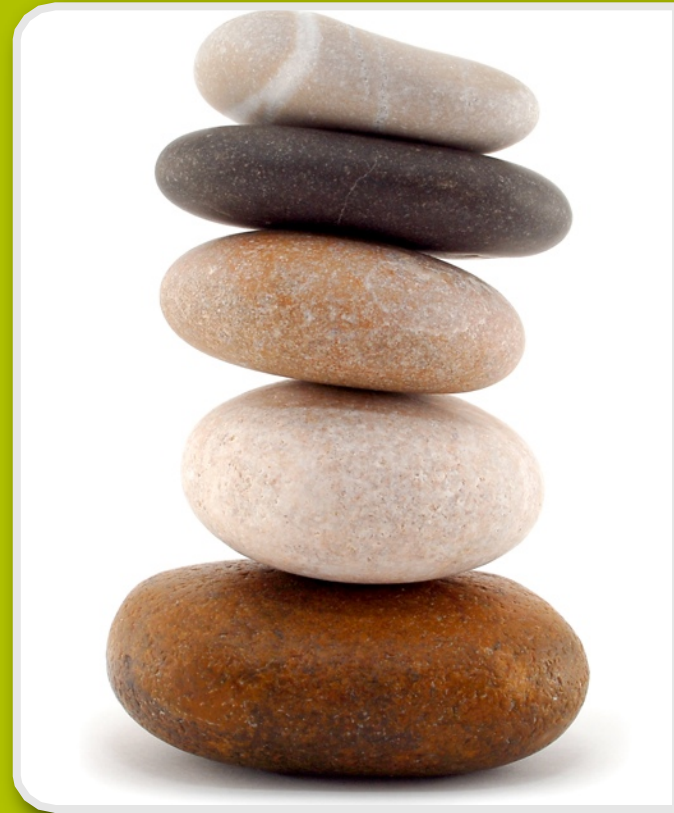


HOW TO  
**Achieve**  
**Balance**  
In Your Life



Checklist

# How to Achieve **Balance** In Your Life

## *Checklist*

Following the items on this checklist will help you **establish and maintain balance among the various areas of your life**. Give it a try. Check off each item that you already do, and then add the others, one at a time, until they all become habits.

### *Relationships*

- Add responsibilities responsibly
- Communicate your needs clearly
- Learn to compromise

### *Body and Health*

- Pay attention to your body's signals
- Exercise
- Eliminate caffeine
- Get enough sleep
- Eat dinner as a family

### *Personal & Spiritual Growth*

- Find your spiritual connection
- Take the time to reflect on each day  
and on your life as a whole
- Get involved in helping others

### *Career*

- Watch your debt so you don't  
have to work all the time to pay it off
- Avoid career burnout
- Limit work hours
- Turn off your cell phone after hours
- Pick a weekly day of rest

### *Finances*

- Create a budget
- Balance your checkbook  
each month, noting expenditures
- Live within your means
- Pay cash for everything
- Cook meals at home